

APPENDIX E: Family Resources

Books for Parents and Children to Read Together and Discuss

Note: The source for this booklist is *Puberty: The Wonder Years 2015 Edition* for students in grades 4, 5, and 6. However, several of these books may be used with children younger or older than these grade levels.

First Comes Love: All About the Birds and the Bees—and Alligators, Possums, and People, Too by J. Davis & C. Mackie, Workman Publishing Co, Inc., 2001 ISBN: 978-0761122449 All ages

This book is about reproduction among animals and humans. The lighthearted, rhyming verse and charming illustrations make the topic interesting and entertaining for both children and adults. It provides a read-aloud opportunity for families to share and could be used to initiate family discussions about sexuality, pregnancy, families, and love.

You Were Born on Your Very First Birthday by Linda Walvoord Girard, Albert Whitman & Co, 1983 ISBN-13: 978-0807594551 Ages 3 to 8

This is a very gentle story for children about the events leading up to their birth. Everyone, from preschoolers to grandparents, can enjoy reading it together to create teachable moments.

What's the Big Secret?: Talking about Sex with Girls and Boys by Laurie Krasny Brown, Little, Brown Books for Young Readers, 2000 ISBN-13: 978-0316101837 Ages 5 to 8

The author answers typical questions in an honest manner. The illustrations are colorful, cartoon like, and visually appealing; at the same time, they accurately depict external and internal human anatomy. Some of the content may be too sophisticated for younger children, and yet not detailed enough for older children. Adults will want to read this book with their children and be ready to answer the many additional questions it prompts.

It's So Amazing by Robie Harris, Candlewick Press, 2014 ISBN: 978-0763668747 Ages 7 to 10

This edition includes up-to-date information and answers to questions today's kids ask or wonder about, such as how babies are made, how our bodies work, internet safety, and how families are the same and different.

On Your Mark, Get Set, Grow!: A What's Happening to My Body? Book for Younger Boys by Lynda Madaras, William Morrow Paperbacks, 2009 ISBN: 978-1557047809 Ages 8 to 10

Responding to real-life questions and concerns from younger boys about their changing bodies, the author covers a wide range of topics at a reading and understanding level that's just right for them: the growth of sex organs, body hair, and facial hair; weight and height spurts; the unwelcome appearance of acne and body odor; shaving; circumcision; erections and ejaculation; feelings about puberty; and bullying.

Ready, Set, Grow!: A What's Happening to My Body? Book for Younger Girls by Lynda Madaras, William Morrow Paperbacks, 2003 ISBN: 978-1557045652 Ages 8 to 11

This book is specially for younger girls to give them what they need to know to celebrate and accept the new and exciting changes that are happening to their bodies during puberty. In a consistently sensitive and encouraging tone, preadolescents are reassured that the changes they know are approaching or they are beginning to experience are normal, natural, and cause for celebration. Humorous sketches illustrate the emotions and stages of puberty, and keep the tone light. Individual chapters devoted to breast development, body hair, height and weight spurts, body odor and pimples, genitalia, internal reproductive organs, and menstruation gently but thoroughly provide facts and advice on recognizing and welcoming growth and development. The author weaves in a little humor and acknowledges the conflicting emotions that accompany puberty.

What's Happening to My Body, A Growing Up Guide for Parents and Sons by Lynda Madaras, William Morrow Paperbacks, 2010 ISBN: 978-1557044433 Ages 9 and up

This classic guide is written in a down-to-earth, nonjudgmental style and filled with answers to the many questions boys have as their bodies begin the transformation into adulthood. As a result of thousands of reader letters over the years, as well as the ever-growing body of information about puberty in boys, the third edition has been revised to include more detailed discussion of penis size (the authors get more questions about penis size than all other topics combined), updated information on acne treatment, expanded sections on eating right, exercise, steroid abuse, and weight training, and important facts about STDs, AIDS, and birth control. Filled with anecdotes, illustrations, and diagrams, the guide is designed with the understanding that some boys and parents will want to read it together, while others will want to pore over it on their own.

It's Perfectly Normal by Robie Harris, Candlewick Press, 2014 ISBN: 978-0763668723 Ages 10 and up

This edition includes up-to-date information and answers to questions today's kids ask or wonder about, including how to stay safe and healthy on the internet, how to make responsible decisions regarding sexual health, changes in puberty, disease prevention, sexual orientation, and information on contraception.

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Online Parent Resources

Kids Health for Parents, Kids, and Teens:

www.kidshealth.org

Advocates for Youth section for parents:

<http://www.advocatesforyouth.org/parents/index.htm>

Main page on STD/HIV information at Michigan.gov:

http://www.michigan.gov/mde/0,1607,7-140-28753_38684_29803---,00.html

State Policy to promote health and prevent disease and pregnancy:

http://www.michigan.gov/documents/Sex_Ed_Policy_77377_7.pdf

State Policy to promote health and prevent disease and pregnancy - resources:

http://www.michigan.gov/documents/Sex_Ed_Policy_Resources_77379_7.pdf

[Talk Early & Talk Often - Parent Action for Healthy Kids:](http://www.parentactionforhealthykids.org/workshops/parents)

www.parentactionforhealthykids.org/workshops/parents

National Campaign to Prevent Pregnancy section for parents:

<http://www.thenationalcampaign.org/>

Children Now:

www.talkingwithkids.org

[American Sexual Health Association: Home:](http://www.ashasexualhealth.org/)

www.ashasexualhealth.org/

Community Resources

- Ingham Community Health Willow Health Center <http://hd.ingham.org/>
Address: 306 West Willow St Lansing, MI 48906 Phone: (517) 702-3500
Open: Monday-Thursday 10 A.M.-7 P.M and Friday 10 A.M.-12 P.M. & 1 P.M.-5 P.M.
- Listening Ear Crisis Center <http://theear.org/>
Address: 2504 E Michigan Ave, Lansing, MI 48912 Phone: (517) 337-1717 Open: 24 Hours
<http://theear.org>
- EVE (Ending Violent Encounters) <http://eveinc.org>
EVE Shelter 24 Hour Crisis Line (517) 372-5572 Administrative Office: (517) 372-5976

Online & Community Resources

- Michigan Organization on Adolescent Sexual Health (MOASH) www.MOASH.org info@moash.org
PO Box 1386, East Lansing MI 48826
- Transgender Michigan www.transgendermichigan.org info@transgendermichigan.org
23211 Woodward Ave #309, Ferndale MI 48220 (800)842-2954 Helpline: (855)345-8464
- Parents, Families, and Friends of Lesbians and Gays (PFLAG) www.pflag.org info@pflag.org
1828 L Street NW Suite 660, Washington DC 20036 (202)467-8180
- Family Acceptance Project <http://familyproject.sfsu.edu>
- *Puberty: The Wonder Years* - Access parent resources at: <https://pubertycurriculum.com/parent-resources/>